

Soul to Soul

Deep Immersive therapy & Wellness Experience

Offered at FINGALS by Amanda Shell – Phillips (Holistic Therapist & Wellness Teacher)

Drop into a space of Deep Bliss & Surrender release Stress & Tension
Find balance, peace & an increased sense of well-being.

Amanda Phillips



Amanda has worked within the field of Holistic Health and Well-being for over 30 years. Having passion for personal transformation she works with the healing power of the breath to increase life-force and release blocks to leading a full, creative, joyful and abundant life. She works organically trusting in change and the power and beauty of the moment of 'Now'. Amanda loves to attune and flow with the seasonal changes throughout the wheel of the year in nature acknowledging how this reflects our own growth. Her background is in Holistic bodywork, spiritual psychology, Ayurvedic consultancy, Rebirthing – Integrative Breathwork Therapy, Shamanic practise and facilitating conscious dance and movement. Teaching Ecstatic Awakening Dance, Yoga, Meditation and mindfulness with the breath. She has also studied Ritual Theatre and The Therapeutic Intervention of the Arts. Amanda works intuitively, trusting in her innate wisdom and deep connection with the elemental realms of transformation, spiritual purification and pure joy. She holds a safe space of deep love and acceptance for all that is allowing for deep personal change and positive growth toward empowering ourselves fully.

Treatments & Sessions available with Amanda Shell-Phillips

Ayurvedic Holistic Face & Body Treatments

Shirobhyanga & Indian Head Massage

Head, neck, arm massage.

Deeply therapeutic and intensely soothing

Good for stress, strain, migraine, hair condition.

Duration: 30 mins £40.00

Marma Abhyanga (Full Body Massage)

An ancient therapy combining pressure to specific marma (vital) points all over the body and yogic stretches of all joints. The massage allows for healthy flow of energy through the body's junctions and Nadis (pathways & channels) and delivery is personalised according to your needs.

Good for: relaxation, detoxification, fatigue, anxiety, nourishment to skin.

Duration: 60 mins £65.00

Padabhyanga

Traditional lower leg & Foot massage

combining deeply therapeutic techniques to release energy blockages, improve circulation and restore tired calf muscles.

Good for relaxation, vitality, blood circulation

Duration: 30 mins £40.00

Mukahabyhanga (Face Massage)

Face massage stimulating marma (vital) points

face, neck, shoulder & head massage

A remedial therapy where firm pressure lifts facial muscles, leaving a youthful and vibrant glow.

Good for physical and mental wellness anti-ageing.

Duration: 30 mins £40.00

Reflexology

An ancient therapeutic treatment applying pressure and massage to reflex points on the feet to promote Vitality & Well-being.

Duration: 60 mins £60.00

Organic Vegan friendly Oils used for Massage Treatment.

Rebirthing Breath-work Therapy

A deeply transformative journey involving confidential discussion of past and current life issues.

Working with conscious connected breathing, body awareness & spiritual psychotherapy to support safe release of suppressed emotions which can be acting as blockages to our true potential; often dampening our aliveness and creativity. Effective with healing and clearing many issues on a physical, mental and emotional level, including relationships, career, health and prosperity.

Duration: 120 mins £95.00

Guided Meditation Journey

A bespoke meditation & divine transmission offered & designed to support mind, body, spirit balance guiding you to a place of deep surrender and bliss.

Duration: 60 mins £55.00

A Guide to Meditation Practise

Amanda will demonstrate various breathing techniques and meditation practise to bring you to a place of peace and clarity.

Duration: 60 mins £55.00

Walking Meditation

An incredibly slow mindful walk in nature. Connecting with the breath & opening our senses to receive nourishment from our natural surroundings. This experience allows for a release from endless mind chatter bringing peace and a heightened sense of the present moment.

Duration: 60 mins £55.00

Mindful Yoga

This practise will support you to unravel, release, and arrive at a place of deep peace.

Amanda gently guides her students toward a mindful approach taking the attention inward and sensing what is happening within the depth of our being. Offering an opportunity to develop more body awareness and a deeper connection with self. Moving mindfully through the asana and connecting to the healing power of the breath, we begin to sense our aliveness and tap into our innate wisdom and creativity.

Allowing the breath to cleanse, purify and transmute any restricted energy increasing our sense of vitality and finding freedom and bliss.

Duration: 90 mins £70.00

Ecstatic Awakening Dance – Journey into Bliss

A powerful transformative movement meditation.

Amanda holds a safe space in which to release stuck energy held in the body, awaken our life force and feel an increased sense of vitality.

The experience guides us upon an inner journey whilst we move with our eyes closed and surrender to our divine flow and connection with all that is. Letting go of the restraints of the ego mind and finding joy and ecstasy in opening to universal mind and surrender into the peace of being present in the NOW.

No previous experience necessary.

Duration: 90 mins £70.00

The above charges are a flat fee regardless of the number of participants attending.

Amanda is fully insured and adheres to the current Covid 19 procedure (as of April 12th 2021) regarding safe and protected delivery of massage treatment, sessions and classes.

